231 encouraged and there are now a few herds in the valley. Horses and mules are lacking. The donkey ridden by Gamitto when he made his entry in 1830 was the first of the species to be seen in the country.(1) The villagers keep poultry and some small stock, mainly goats and sheep.

FISHING

226 Fish abound in the Luapula, the riverside lagoons and Lakes Mweru and Mofwe. Livingstone collected the vernacular names of thirty-nine species caught in Lake Mweru.(2) Some fishing goes on all the year round but the season, when the men move to the fishing camps on the river islands, extends from September to January. In the shallow marshland pools the fish are speared while laying their eggs. In flowing water they are trapped in conical wickerwork baskets set in rocky falls or in the openings in a weir.(3) On Lake Mweru they are caught from canoes with hook and line. On the Luapula the people go out in their dugouts at night and drive the fish into seine-nets (*ubukonde*) by hitting the surface of the water with wooden discs attached to poles.(4) Large-scale fishing is done with [177] drag-nets (*umukwau*) which require several men to pull them. Formerly nets were made by men from barkcloth cord. Nowadays nylon and cotton nets are [278] used. Vegetable poisons and stupefacients, now banned, were employed in the past.

HUNTING

223 Hunting and fowling are spare-time activities. Elephants and buffa-
224 loes, which in Livingstone's time used to be chased into the Mofwe mudflats during the rainy season and killed in great numbers,(5) are no longer found [411] in Kazembe's country though some still remain on the Belgian Congo side. Large herds of lechwe antelope roam the swamp country beyond the inhabited belt. Fire-arms have displaced the traditional weapons.

DIET

251 The basic foodstuffs are cassava(6) and fish. Game, poultry, fruit
252 and wild bees' honey, supplement the diet. Cassava is soaked in water,
262 peeled and sun-dried for storing. The root, after being pounded and ground
273 on a stone, is made into porridge and flavoured with groundnuts or other relish. Sweet cassava is eaten roasted.(7) Fish is consumed fresh or dried, game fresh or smoked. Fish, when dried in the sun or over a fire, will keep for three months. Water-lily roots, on which, according to tradition, the aboriginal pygmies fed, are considered a delicacy. Native-made alcoholic beverages were millet beer(8) (still made), *Borassus* palm wine, mead(9) and a spirit distilled from maize.(10) Oil is expressed from palm
276 fruit(11) and from groundnuts and vinegar used to be made from bananas.(12) Tobacco is taken as snuff and smoked in pipes.(13) *Bhang* (hemp), was

(1) Burton, op.cit., p.252.
(2) Livingstone, op.cit., p.245.
(3) Brelsford, 2, 1947, pp.70, 71.
(4) Holmes, 1925, p.26.
(5) Livingstone, op.cit., pp.248, 276, 299.
(6) Burton, op.cit., p.40.
(7) ibid., p.101.
(8) ibid., p.43.
(9) Gamitto, II, p.26; Valdez, II, p.246.
(10) Bowdich, p.91.
(11) Livingstone, op.cit., pp.243, 278.
(12) ibid, p.272.
(13) ibid., p.251; Gamitto, I, p.401.